

Jicama and Apple Slaw

(Makes about 4 cups of slaw.)

- 1 Jicama, peeled and grated (or cut into thin strips)
- 1 Granny Smith apple, peeled, cored and grated
- 1 large carrot, peeled and grated
- 2 tablespoons minced red onion (optional)
- 1 tablespoon fresh cilantro, minced (optional)

Dressing;

- 1 tablespoon fresh lemon juice (lime juice is also delicious)
- 2 tablespoons of rice wine or cider vinegar
- 1 tablespoon sugar or honey
- 1/2 teaspoon salt
- 2 tablespoons reduced fat mayonnaise
- Freshly ground pepper to taste

Directions:

1. Combine vegetables in a large bowl.
2. Whisk together dressing ingredients.
3. Gently stir together vegetables and dressing. Serve immediately.

www.rainbowinmytummy.org

“The mission of Rainbow In My Tummy® is to cultivate a healthy food culture surrounding young children that establishes a foundation for lifelong health.”

